



Depression and Bipolar
Support Alliance

DBSA Chapter Leadership Online Learning
Facilitator Orientation Series 5, Session 1
Facilitation Basics

January 18th 2005 7:00 p.m. Central Time

Facilitated by Matt Mattson, Chapter Relations Manger – DBSA

Matt DBSA Staff (Jan 18, 2006 8:04:36 PM)

Welcome everyone! I'm Matt Mattson, Chapter Relations Manager for DBSA, and I'll be facilitating this session of Online Facilitator Orientation!

Matt DBSA Staff (Jan 18, 2006 8:04:49 PM)

Be sure to visit DBSA's Chapter Management Website (www.DBSAAlliance.org/ChapMgtEntrance.html) for TRANSCRIPTS of previous sessions to enhance your learning. There has been GREAT discussion by nearly dozens of participants in all of our previous sessions.

Matt DBSA Staff (Jan 18, 2006 8:05:08 PM)

We've got about 15 people registered for tonight! That's a lot for an online chat, so please be patient and understanding, if you would.

Matt DBSA Staff (Jan 18, 2006 8:05:30 PM)

We'll stop the FORMAL discussion at 8:00 p.m. CT (or earlier), but informal discussion can continue after that... We won't be able to discuss EVERYTHING about facilitation, for sure, but we can get a start...

Matt DBSA Staff (Jan 18, 2006 8:05:43 PM)

I'll try to make sure we stay on topic, so please be understanding if I try to redirect our conversation at any point...

Matt DBSA Staff (Jan 18, 2006 8:06:05 PM)

Does everyone understand that this is an online learning experience, not just a general chat?

marciarame (Jan 18, 2006 8:06:12 PM)

Yes.

lou (Jan 18, 2006 8:06:12 PM)

yes

jpg (Jan 18, 2006 8:06:13 PM)

yes

Matt DBSA Staff (Jan 18, 2006 8:06:27 PM)

Can everyone commit to helping me welcome newcomers as they arrive, and to making sure we stay on topic to learn as much as possible?

Doug (Jan 18, 2006 8:06:31 PM)

affirmative

artsy (Jan 18, 2006 8:06:33 PM)

yes

marciarne (Jan 18, 2006 8:06:35 PM)

will do

lou (Jan 18, 2006 8:06:35 PM)

yes

jpk (Jan 18, 2006 8:06:36 PM)

yes

artsy (Jan 18, 2006 8:06:43 PM)

yes

Matt DBSA Staff (Jan 18, 2006 8:06:52 PM)

Can everyone agree that YOU are the experts, and your participation drives the success of this session?

Doug (Jan 18, 2006 8:07:01 PM)

affirmative

lou (Jan 18, 2006 8:07:02 PM)

yes

jpk (Jan 18, 2006 8:07:02 PM)

OK

Matt DBSA Staff (Jan 18, 2006 8:07:09 PM)

AWESOME! Thanks... and again, welcome.

marciarne (Jan 18, 2006 8:07:11 PM)

ah ha

artsy (Jan 18, 2006 8:07:14 PM)

sure

Matt DBSA Staff (Jan 18, 2006 8:07:21 PM)

Please just keep participating, and I'll try to send each of you a transcript of tonight's discussion (barring any technical glitches).

Matt DBSA Staff (Jan 18, 2006 8:07:35 PM)

I want to remind everyone that this is a session meant for SHARING best practices among chapter leaders – don't expect too many specific instructions from me during the discussion. You all have the answers, I'm just guiding the discussion.

Matt DBSA Staff (Jan 18, 2006 8:07:45 PM)
Everyone ready to get started?

marciarme (Jan 18, 2006 8:07:50 PM)
yes

lou (Jan 18, 2006 8:07:53 PM)
yes

jpk (Jan 18, 2006 8:07:54 PM)
yes

Doug (Jan 18, 2006 8:07:56 PM)
git-r-done

artsy (Jan 18, 2006 8:07:57 PM)
yep

Matt DBSA Staff (Jan 18, 2006 8:08:00 PM)
Where's everyone typing from?

marciarme (Jan 18, 2006 8:08:06 PM)
OKC

jpk (Jan 18, 2006 8:08:09 PM)
Milwaukee, Wis.

artsy (Jan 18, 2006 8:08:10 PM)
NC

Doug (Jan 18, 2006 8:08:10 PM)
Tucson, az

lou (Jan 18, 2006 8:08:10 PM)
michigan

Matt DBSA Staff (Jan 18, 2006 8:08:20 PM)
I'm normally in Chicago at DBSA's national office... I'm in Seattle this week for training though.

Matt DBSA Staff (Jan 18, 2006 8:08:32 PM)
Good to see you're all from lots of different, fun places...

Matt DBSA Staff (Jan 18, 2006 8:08:43 PM)
And just to get a sense of the crowd...

Matt DBSA Staff (Jan 18, 2006 8:08:55 PM)
What is your current relationship/role with DBSA?

Matt DBSA Staff (Jan 18, 2006 8:09:01 PM)
If you don't mind sharing.

jpk (Jan 18, 2006 8:09:09 PM)
peer facilitator, board member

lou (Jan 18, 2006 8:09:10 PM)
just a user right now

marciarne (Jan 18, 2006 8:09:13 PM)
Acting Director of the State office.

Doug (Jan 18, 2006 8:09:15 PM)
Board Member of Tucson Desert Rats

artsy (Jan 18, 2006 8:09:26 PM)
just a user for support for now

Matt DBSA Staff (Jan 18, 2006 8:09:29 PM)
That's quite a variety, and well it should be. GREAT!

Matt DBSA Staff (Jan 18, 2006 8:10:01 PM)
No matter what your current role, this can be valuable for you. Some of you might find that you'll add more than others. Some of you might find that you've got big questions even though you've been doing this for a while.

Matt DBSA Staff (Jan 18, 2006 8:10:04 PM)
that's all o.k.

Matt DBSA Staff (Jan 18, 2006 8:10:15 PM)
DBSA Support Groups are: A gathering of peers who assist, encourage, and enable each other in helping themselves. Each one follows his/her own unique path to wellness and chooses to make that journey in the company of others headed in the same direction.

jpk (Jan 18, 2006 8:10:34 PM)
SUPER!

Matt DBSA Staff (Jan 18, 2006 8:10:41 PM)
So, let's stop right there for a moment, and let me ask a question.

Matt DBSA Staff (Jan 18, 2006 8:10:49 PM)
What's the point of a DBSA support group?

jpk (Jan 18, 2006 8:11:09 PM)
people who have experienced depression or bipolar

artsy (Jan 18, 2006 8:11:14 PM)
to feel less alone in our struggles and unique paths

marciarne (Jan 18, 2006 8:11:16 PM)
First, to help us not feel alone, isolated.

jpk (Jan 18, 2006 8:11:17 PM)
helping others

lou (Jan 18, 2006 8:11:17 PM)

to help and encourage each other and learn about our illness together

Matt DBSA Staff (Jan 18, 2006 8:11:25 PM)

How do we know when one has been successful?

marciarme (Jan 18, 2006 8:11:25 PM)

hello Dory

Matt DBSA Staff (Jan 18, 2006 8:11:28 PM)

Those are GREAT!

Doug (Jan 18, 2006 8:11:41 PM)

To gather folks of different walks, different stages of recovery. and diverse historys

jpk (Jan 18, 2006 8:11:44 PM)

people listen to each other

Matt DBSA Staff (Jan 18, 2006 8:11:45 PM)

Hello Dory, and welcome to the Chapter Leadership Online Learning session...

Dory (Jan 18, 2006 8:11:46 PM)

to learn recovery tools and stay well to help others

artsy (Jan 18, 2006 8:11:50 PM)

when we feel supported, encouraged and learn

Matt DBSA Staff (Jan 18, 2006 8:11:58 PM)

all great answers.

jpk (Jan 18, 2006 8:12:07 PM)

people find friends in depression

Matt DBSA Staff (Jan 18, 2006 8:12:11 PM)

Anyone struck by another's response?

Dory (Jan 18, 2006 8:12:15 PM)

It is great support for yourself to help others

Matt DBSA Staff (Jan 18, 2006 8:12:21 PM)

jpk... that's great.

marciarme (Jan 18, 2006 8:12:31 PM)

yes, i like what doug had to say.

jpk (Jan 18, 2006 8:12:38 PM)

I think learning is important as we all come from different perspectives in the illness

Matt DBSA Staff (Jan 18, 2006 8:12:39 PM)

Dory, that's a theme we should return to... we're there to give and receive support -- no matter our role.

Matt DBSA Staff (Jan 18, 2006 8:12:42 PM)
good...

Doug (Jan 18, 2006 8:12:43 PM)
it's super support for you and the others that participate.

Dory (Jan 18, 2006 8:12:50 PM)
We are training new facilitators to ease the burn out

Matt DBSA Staff (Jan 18, 2006 8:12:50 PM)
great.

Iou (Jan 18, 2006 8:12:51 PM)
learning recocery tools is imporant

Matt DBSA Staff (Jan 18, 2006 8:13:03 PM)
Let's continue with a review of the DBSA Support Group Guidelines... Would anyone like to share the guidelines they can remember off the top of their heads? Hint: "Share the Air" is one of them.

Dory (Jan 18, 2006 8:13:17 PM)
Practicing them is the most difficult

Doug (Jan 18, 2006 8:13:29 PM)
This is Las Vegas what is said here stays here.

Matt DBSA Staff (Jan 18, 2006 8:13:34 PM)
ha.

Matt DBSA Staff (Jan 18, 2006 8:13:39 PM)
....excellent.

jpk (Jan 18, 2006 8:13:46 PM)
People should listen during check in without interrupting

Matt DBSA Staff (Jan 18, 2006 8:13:47 PM)
Other guidelines?

Matt DBSA Staff (Jan 18, 2006 8:14:04 PM)
good, JPK. I'd love it if you could explain "check in" to everyone.

Doug (Jan 18, 2006 8:14:04 PM)
Our group is pretty good about listening

jpk (Jan 18, 2006 8:14:09 PM)
We speak from our personal experiences

Matt DBSA Staff (Jan 18, 2006 8:14:10 PM)
Others... what other guidelines?

Dory (Jan 18, 2006 8:14:10 PM)
Keeping yourself healthy is one principle not giving advice another

Matt DBSA Staff (Jan 18, 2006 8:14:25 PM)
good, jpk. good doug. good dory.

artsy (Jan 18, 2006 8:14:25 PM)
I would imagine not passing judgement might be one ?

jpk (Jan 18, 2006 8:14:26 PM)
We go around the circle and check in how we feel at this time.

Matt DBSA Staff (Jan 18, 2006 8:14:28 PM)
others?

Matt DBSA Staff (Jan 18, 2006 8:14:32 PM)
good artsy, I think so.

Doug (Jan 18, 2006 8:14:33 PM)
wlk the walk

Matt DBSA Staff (Jan 18, 2006 8:14:40 PM)
Thanks JPK.

Matt DBSA Staff (Jan 18, 2006 8:14:53 PM)
DBSA Guidelines that every facilitator should begin EVERY Support Group meeting with: *Share the Air, *One person speaks at a time, *What is said here, stays here, *Differences of opinion are o.k., *We are all equal, *Use "I" language, *It's o.k. not to share, *It's everyone's responsibility to make the support group a safe place to share.

jpk (Jan 18, 2006 8:15:07 PM)
Everyone may participate in small group, but is not required to.

Matt DBSA Staff (Jan 18, 2006 8:15:11 PM)
Any thoughts on why DBSA's national office would have a STANDARD set of guidelines for all support groups?

Doug (Jan 18, 2006 8:15:18 PM)
That is our meeting littany

Dory (Jan 18, 2006 8:15:20 PM)
Learning to keep the group going an letting all share and Confidentiality

Matt DBSA Staff (Jan 18, 2006 8:15:23 PM)
yes, JPK... It's o.k. not to share.

Matt DBSA Staff (Jan 18, 2006 8:15:35 PM)
dory, those are great...

lou (Jan 18, 2006 8:15:44 PM)
to make the groups a success

Matt DBSA Staff (Jan 18, 2006 8:15:46 PM)
Anyone have thoughts on why we'd have a standard, national set of guidelines?

Matt DBSA Staff (Jan 18, 2006 8:15:56 PM)
(did anyone know we had that?)

Doug (Jan 18, 2006 8:15:59 PM)
it is interesting that some of those that chose to be silent, at first, become some of our best supporters

artsy (Jan 18, 2006 8:16:04 PM)
so there is consistency and so that everyone trusts the support group climate ?

jpk (Jan 18, 2006 8:16:11 PM)
When we come together at the national we are speaking one language.

Matt DBSA Staff (Jan 18, 2006 8:16:19 PM)
Thanks Artsy! Thanks JPK! GREAT

Dory (Jan 18, 2006 8:16:21 PM)
Welcome, welcome all, and we send reminders and ty for coming

Matt DBSA Staff (Jan 18, 2006 8:16:44 PM)
Yes... so that I can go to a group in Peoria or Pawtucket and have a similar experience with similar safety and support.

Matt DBSA Staff (Jan 18, 2006 8:16:50 PM)
Dory... that's great.

jpk (Jan 18, 2006 8:16:55 PM)
Yes.

Doug (Jan 18, 2006 8:16:56 PM)
absolutly

Matt DBSA Staff (Jan 18, 2006 8:17:01 PM)
Alright everyone... important question coming...

marciarne (Jan 18, 2006 8:17:09 PM)
Everyone has different ideas about what works, but if you call yourself a DBSA S.G., then it's important to follow the same path.

Matt DBSA Staff (Jan 18, 2006 8:17:16 PM)
How can facilitators USE these guidelines most effectively?

jpk (Jan 18, 2006 8:17:38 PM)
Remind people when they stray from the guidelines. (gently)

Doug (Jan 18, 2006 8:17:44 PM)
use them as ice breakers and safty

Dory (Jan 18, 2006 8:17:49 PM)
If we give a group member a job, it sometimes lifts their depression and helps them become regulars

Matt DBSA Staff (Jan 18, 2006 8:16:59 PM)

jpk. that's great. can you give us an example (gentle) statement that might do that?

Matt DBSA Staff (Jan 18, 2006 8:17:10 PM)

Doug... ice breakers... I hadn't thought of that, but absolutely.

Doug (Jan 18, 2006 8:17:12 PM)

we often offer a subject as a lead in

Matt DBSA Staff (Jan 18, 2006 8:17:23 PM)

Dory... how do you mean? What kind of job?

jpk (Jan 18, 2006 8:17:33 PM)

I might say, let's let (name) check in without interruption.

Matt DBSA Staff (Jan 18, 2006 8:17:36 PM)

Doug, what kind of subject? Do others do these types of things?

Doug (Jan 18, 2006 8:17:48 PM)

Well i gotta go, my choir director beckons.

Matt DBSA Staff (Jan 18, 2006 8:17:52 PM)

good, JPK... and then one person speaks at a time. perfect.

Matt DBSA Staff (Jan 18, 2006 8:18:07 PM)

Other USES for the guidelines/

Matt DBSA Staff (Jan 18, 2006 8:18:09 PM)

?

jpk (Jan 18, 2006 8:18:16 PM)

That respects each one's individuality.

Dory (Jan 18, 2006 8:18:21 PM)

We have a member that never cares to talk, which is fine, however, now we have her as treasurer and she always is reminding others if they want to add to our "can" She also, now has asked to be a "call member"

Matt DBSA Staff (Jan 18, 2006 8:18:43 PM)

INCREDIBLE! GRERAT Dory!

marciarne (Jan 18, 2006 8:18:56 PM)

when there is a disagreement and folks start nipping at each other, remind them that it's okay to have differences but to do it respectfully.

Matt DBSA Staff (Jan 18, 2006 8:18:57 PM)

People want to be of value. A support group and chapter can offer that.

Matt DBSA Staff (Jan 18, 2006 8:18:58 PM)

excellent.

lou (Jan 18, 2006 8:19:04 PM)

tp keep the meetings consistant from week to week so ppl know what to expect

Matt DBSA Staff (Jan 18, 2006 8:19:05 PM)

good, Marcia.

Matt DBSA Staff (Jan 18, 2006 8:19:17 PM)

Excellent Lou. It's like quality control.

Dory (Jan 18, 2006 8:19:20 PM)

We try to have educational topics, as well as sharing. Some socials, also

Matt DBSA Staff (Jan 18, 2006 8:19:23 PM)

Some facilitators use them as a "SHIELD." Basically, you can point to the guidelines when things get a little off-target in the meetings, and the guidelines can serve as the peace keeper... so YOU don't have to.

artsy (Jan 18, 2006 8:19:32 PM)

people want and need acceptance too.....and to recieve and give comfort

jpk (Jan 18, 2006 8:19:52 PM)

We always have kleenex.

Matt DBSA Staff (Jan 18, 2006 8:20:07 PM)

That's my favorite metaphor for this... a shield. Facilitators put too much pressure on themselves, when the GROUP structure really runs itself if you let it.

jpk (Jan 18, 2006 8:20:37 PM)

People build on each other's contributions.

Matt DBSA Staff (Jan 18, 2006 8:20:39 PM)

Call upon the guidelines as a shield. everytime someone behaves inappropriately, refer to the guidelines that EVERYONE SHOULD AGREE TO BEFOREHAND>

Matt DBSA Staff (Jan 18, 2006 8:20:52 PM)

Does anyone think that one guideline is more important than any others?

Dory (Jan 18, 2006 8:20:56 PM)

I believe leaders always have to remind the group members of their"stories" and failures and how recovery is a life time learning.

Matt DBSA Staff (Jan 18, 2006 8:21:10 PM)

good Dory. I think so too.

marciarne (Jan 18, 2006 8:21:12 PM)

We offer groups in hospital settings and folks are usually brand new for each meeting. The guidelines are VERY important at these mts.

jpk (Jan 18, 2006 8:21:15 PM)

Confidentiality.

Dory (Jan 18, 2006 8:21:20 PM)

Confidentiality, if not, it can kill the group

Matt DBSA Staff (Jan 18, 2006 8:21:35 PM)

Anyone think one guideline is more important than others? Sounds like confidentiality is winning so far... other votes?

marciarme (Jan 18, 2006 8:21:57 PM)

Definitely confidentiality

jpk (Jan 18, 2006 8:21:58 PM)

Sharing and caring.

lou (Jan 18, 2006 8:22:02 PM)

i think they are all important together

artsy (Jan 18, 2006 8:22:04 PM)

we are all equal.....

jpk (Jan 18, 2006 8:22:12 PM)

Yes.

Dory (Jan 18, 2006 8:22:19 PM)

Acceptance is very important. Time element of group and keeping to it

Matt DBSA Staff (Jan 18, 2006 8:22:30 PM)

*It's everyone's responsibility to make the support group a safe place to share. that's my favorite. I'm not sure any one is more important than the others though. This one really empowers all.

jpk (Jan 18, 2006 8:22:30 PM)

Good point.

Matt DBSA Staff (Jan 18, 2006 8:22:38 PM)

all good responses.

marciarme (Jan 18, 2006 8:22:49 PM)

agree

Matt DBSA Staff (Jan 18, 2006 8:23:21 PM)

How does this: *It's everyone's responsibility to make the support group a safe place to share.* look when put into practice? How does a support group run if this guideline is followed?

jpk (Jan 18, 2006 8:23:42 PM)

It's encouraging to see people come out of their comfort zone and open up.

keeters (Jan 18, 2006 8:23:58 PM)

(This user has entered Chapter Leader Online Learning) (IP = 4.229.150.92)

marciarme (Jan 18, 2006 8:24:06 PM)

hello keeters

Dory (Jan 18, 2006 8:24:06 PM)

Empowerment and good listening skills.

keeters (Jan 18, 2006 8:24:12 PM)
hello

Matt DBSA Staff (Jan 18, 2006 8:24:13 PM)
welcome to Chapter Leadership Online Learning.

artsy (Jan 18, 2006 8:24:16 PM)
listen actively to each other, with compassion

Dory (Jan 18, 2006 8:24:18 PM)
Hello keeters

Matt DBSA Staff (Jan 18, 2006 8:24:21 PM)
good, Dory. good Artsy.

lou (Jan 18, 2006 8:24:38 PM)
it gives ppl a voice and a role in their own wellness

jpk (Jan 18, 2006 8:24:59 PM)
Right. We're all responsible for our own wellness.

marciarame (Jan 18, 2006 8:25:15 PM)
listening attentively and giving enuf time for a person to get thru a difficult sharing

Matt DBSA Staff (Jan 18, 2006 8:25:23 PM)
Let's stop the normal flow right now, and I'll put the power in your hands... What 1 thing would you like to discuss this evening (as long as it has to do with facilitating DBSA support groups).????

lou (Jan 18, 2006 8:25:25 PM)
welcome karla

jpk (Jan 18, 2006 8:25:27 PM)
Hi Karla

karla (Jan 18, 2006 8:25:38 PM)
hi

karla (Jan 18, 2006 8:25:50 PM)
wat do u guys thibnk about Paxil?

jpk (Jan 18, 2006 8:26:07 PM)
My mom swears by it for deprssion

Dory (Jan 18, 2006 8:26:09 PM)
We like to encourage each to take responsibility for their own wellness and challenge each one to give one positive statement . What place does religion belong in support group

Matt DBSA Staff (Jan 18, 2006 8:26:09 PM)
Karla, thanks for joining the Chapter Leadership Online Learning Chat.

karla (Jan 18, 2006 8:26:25 PM)
np

Matt DBSA Staff (Jan 18, 2006 8:26:32 PM)

I'm sorry we won't be discussing medications in here tonight, but you might want to go into the "FOYER" for that discussion.

karla (Jan 18, 2006 8:26:38 PM)

so Paxil is the answer for depression?

marciarame (Jan 18, 2006 8:26:41 PM)

One thing: How does one gently keep an individual from changing the subject to their agenda that mtg?

Matt DBSA Staff (Jan 18, 2006 8:26:50 PM)

Dory brings up religion... good.

Matt DBSA Staff (Jan 18, 2006 8:27:10 PM)

Any thoughts on religion in DBSA support groups? pro or con

Matt DBSA Staff (Jan 18, 2006 8:27:14 PM)

or somewhere in between.

karla (Jan 18, 2006 8:27:19 PM)

y cant we talk about meds matt?

jpk (Jan 18, 2006 8:27:22 PM)

people may speak from their own religious viewpoints, but must allow differences of opinion

Matt DBSA Staff (Jan 18, 2006 8:27:28 PM)

good jpk.

artsy (Jan 18, 2006 8:27:51 PM)

I like to remain neutral and away from individual spiritualitybut don't discourage it

jpk (Jan 18, 2006 8:27:54 PM)

for example, two of us are nuns, but don't push religion

Matt DBSA Staff (Jan 18, 2006 8:28:17 PM)

Karla, this is a directed learning experience for DBSA support group facilitators, but our goal is to provide support... I think you'd actually find better discussion partners in the Foyer area. Thanks, and sorry about the misunderstanding.

Matt DBSA Staff (Jan 18, 2006 8:28:26 PM)

Artsy... that's good.

marciarame (Jan 18, 2006 8:28:35 PM)

an experience: one person said they didn't want to hear what anyone had to say unless they were "born again" ... how do u address that?

Dory (Jan 18, 2006 8:28:42 PM)

Hi Karla...we don't ever recommend one antidepressant against another. Sometimes it is hard to keep on agenda, however, there are positive methods for doing this About religion I agree, some in our group, don't but I just advise them to say "this works for me"

Matt DBSA Staff (Jan 18, 2006 8:28:49 PM)
any other thoughts out there? Marcia,, that's a tough one.

Matt DBSA Staff (Jan 18, 2006 8:28:58 PM)
WHat do others think about Marcia's scenario?

marciarme (Jan 18, 2006 8:29:02 PM)
happened the other nite

jpk (Jan 18, 2006 8:29:11 PM)
I don't think anyone should push their faith on others

lou (Jan 18, 2006 8:29:44 PM)
we can explain the format of the meeting again so the rules about sharing are clear

jpk (Jan 18, 2006 8:29:49 PM)
our purpose is promoting good mental health, not dominating by one faith

Dory (Jan 18, 2006 8:30:02 PM)
We just try to stay away from "religion" or Politics" Spirituality is another matter and group shoul
be directed toward that goal,, I think

Matt DBSA Staff (Jan 18, 2006 8:30:09 PM)
Marcia, my thought is that you accept that. O.K. fair enough. That's where they want to find help,
and it might be good to connect with others that share a similar faith outside of the support group.
I'm guessing you weren't all going to convert just to help her.

Matt DBSA Staff (Jan 18, 2006 8:30:24 PM)
Lou, that's good... do you have rules about religion?

artsy (Jan 18, 2006 8:30:27 PM)
I have to go

marciarme (Jan 18, 2006 8:30:29 PM)
i like that jpk

jpk (Jan 18, 2006 8:30:31 PM)
for example faithinrecovery.org

Matt DBSA Staff (Jan 18, 2006 8:30:40 PM)
JPK... that's good.

Matt DBSA Staff (Jan 18, 2006 8:30:46 PM)
Dory, how insightful...

Matt DBSA Staff (Jan 18, 2006 8:30:51 PM)
good stuff.

Matt DBSA Staff (Jan 18, 2006 8:31:01 PM)
Other issues out there that any of you want to discuss?

artsy (Jan 18, 2006 8:31:02 PM)
bye all.....my daughter needs the computer for school now

jpk (Jan 18, 2006 8:31:04 PM)
we don't have any specific rules about religion. it hasn't come up

Dory (Jan 18, 2006 8:31:11 PM)
Faith certainly is a part of recovery, but I not sure we can incorporate "church faith"

lou (Jan 18, 2006 8:31:26 PM)
if someone wants to talk about spirituality that[s ok, but you haveto remember that religion is an indivaul matter andnot a group matter

Dory (Jan 18, 2006 8:31:42 PM)
Amen

jpk (Jan 18, 2006 8:31:44 PM)
good

Matt DBSA Staff (Jan 18, 2006 8:31:58 PM)
My thoughts are that Religion is a part of a person, and you can't separate it from them. However, your religion isn't part of me, and I'll find recovery my own way... thanks for the offer though. :-)

marciarme (Jan 18, 2006 8:32:06 PM)
thanks yall ... good comments

Matt DBSA Staff (Jan 18, 2006 8:32:07 PM)
Lou... yeah. agreed.

Matt DBSA Staff (Jan 18, 2006 8:32:18 PM)
What, do you think, are the most important characteristics of an effective facilitator?

Matt DBSA Staff (Jan 18, 2006 8:32:23 PM)
What, do you think, are the most important characteristics of an effective facilitator?

Dory (Jan 18, 2006 8:32:37 PM)
A difficulty is having a person with mania in group and being understanding, but not having monopolize. Any suggestions?

lou (Jan 18, 2006 8:32:48 PM)
someone who can direct the group but not dominate it

Dory (Jan 18, 2006 8:33:06 PM)
Listening skills, leadership abilitly and compassion

Matt DBSA Staff (Jan 18, 2006 8:33:08 PM)
dory, excellent challenge... Let me get back to it.

marciarme (Jan 18, 2006 8:33:11 PM)
kind but not an advisor

Matt DBSA Staff (Jan 18, 2006 8:33:11 PM)
good

Matt DBSA Staff (Jan 18, 2006 8:33:14 PM)
good good

Matt DBSA Staff (Jan 18, 2006 8:33:27 PM)
Marcia, that's a very specific and important distinction

Matt DBSA Staff (Jan 18, 2006 8:33:53 PM)
First and foremost, I think facilitators have to be... people.

Dory (Jan 18, 2006 8:34:17 PM)
hope that qualifies most of us???

Matt DBSA Staff (Jan 18, 2006 8:34:23 PM)
I know that's simplistic, but really, it just means using normal interpersonal skills to make a group as healthy as it can be.

Matt DBSA Staff (Jan 18, 2006 8:34:29 PM)
yeah, most of you. :-)

jpk (Jan 18, 2006 8:34:37 PM)
thanks

marciarame (Jan 18, 2006 8:34:40 PM)
hmmm ... who

Matt DBSA Staff (Jan 18, 2006 8:34:42 PM)
I try to simplify the whole idea of facilitating.

Matt DBSA Staff (Jan 18, 2006 8:34:52 PM)
DBSA suggests that there are 5 ROLES of a DBSA Support Group Facilitator... I like to say, "FACILITATION IS SIMPLE, BUT IT'S NOT EASY!": -Simply START the support group -Simply LISTEN actively -Simply maintain discussion FLOW -Simply RESPOND to challenges -Simply CLOSE the support group

jpk (Jan 18, 2006 8:35:02 PM)
kindness

jpk (Jan 18, 2006 8:35:32 PM)
open to phone calls at home

Matt DBSA Staff (Jan 18, 2006 8:35:33 PM)
Along the way, you are kind, you listen, you are compassionate, but most of all, you shut up and just be with people.

Dory (Jan 18, 2006 8:35:41 PM)
I like that and need to copyguess we do that but simple form

Matt DBSA Staff (Jan 18, 2006 8:35:49 PM)
good...

Matt DBSA Staff (Jan 18, 2006 8:36:00 PM)
Maybe an important question to ask is this...

Matt DBSA Staff (Jan 18, 2006 8:36:10 PM)
If we are SUPPORT groups, what is SUPPORT?

marciarme (Jan 18, 2006 8:36:23 PM)
i can't wait to share these thots with the facilitators around the state.

jpk (Jan 18, 2006 8:36:28 PM)
encouragement

Matt DBSA Staff (Jan 18, 2006 8:37:03 PM)
We've all given support all our lives, we know how to do it. We don't need to do a week of training to give support... It is simple and one of the most important things we do as humans.

jpk (Jan 18, 2006 8:37:07 PM)
helping each other by sharing your successes in mental health

Matt DBSA Staff (Jan 18, 2006 8:37:11 PM)
How else would you define support?

lou (Jan 18, 2006 8:37:15 PM)
active listening and sharing

Matt DBSA Staff (Jan 18, 2006 8:37:20 PM)
good JPK. share your recovery story.

Matt DBSA Staff (Jan 18, 2006 8:37:22 PM)
good lou.

Dory (Jan 18, 2006 8:37:27 PM)
By changing facilitators, the facilitator get a chance to share their stories and cares. I thnk it is importatn for the group to know we are all people who have had poor mental health...I don't like mental illness (that's negative)

Matt DBSA Staff (Jan 18, 2006 8:37:45 PM)
SO IMPORTANT!!!!!! DORY, GREAT THOUGHT!

marciarme (Jan 18, 2006 8:37:52 PM)
support can be many things ... i see a picture of someone holding a black cloud while the owner rests.

jpk (Jan 18, 2006 8:38:04 PM)
what?

Matt DBSA Staff (Jan 18, 2006 8:38:04 PM)
cool metaphor Marcia.

Matt DBSA Staff (Jan 18, 2006 8:38:15 PM)
maybe explain it more.

Matt DBSA Staff (Jan 18, 2006 8:38:57 PM)

Now... many of you have facilitated, while some of you have never facilitated.... no matter your level of experience, give this question a shot...

Matt DBSA Staff (Jan 18, 2006 8:39:05 PM)

What are some of the biggest dangers you could imagine facilitators experiencing?

marciarne (Jan 18, 2006 8:39:19 PM)

well, i see things in pictures a lot. when a burden is too heavy, having the group share the load (hearing) can be very refreshing for someone who is just tired out.

jpk (Jan 18, 2006 8:39:21 PM)

a suicidal person

Dory (Jan 18, 2006 8:39:24 PM)

Suicidal persons in group

Matt DBSA Staff (Jan 18, 2006 8:39:31 PM)

jpk... Dory, yes.

Matt DBSA Staff (Jan 18, 2006 8:39:38 PM)

others?

Dory (Jan 18, 2006 8:40:06 PM)

Hello black catt...interesting name

marciarne (Jan 18, 2006 8:40:07 PM)

angry, physically so, members.

Matt DBSA Staff (Jan 18, 2006 8:40:08 PM)

Welcome all to Chapter Leadership Online Learning.

blackcatt520 (Jan 18, 2006 8:40:11 PM)

ty

Nix (Jan 18, 2006 8:40:19 PM)

Hey Matt

jpk (Jan 18, 2006 8:40:20 PM)

Sorry, but I need to leave. Thanks for the thoughts. jpk

Matt DBSA Staff (Jan 18, 2006 8:40:25 PM)

Marcia, yes... that's an excellent and scary example of a facilitating danger.

blackcatt520 (Jan 18, 2006 8:40:46 PM)

what is the topic

Matt DBSA Staff (Jan 18, 2006 8:40:56 PM)

Based on your experience or imagination, how would you manage the situation if a person was suicidal in a support group?

Matt DBSA Staff (Jan 18, 2006 8:41:07 PM)
you're the facilitator?

Matt DBSA Staff (Jan 18, 2006 8:41:12 PM)
there is no right or wrong answer.

marciarme (Jan 18, 2006 8:41:19 PM)
This brings up how much a facilitator shares ... i.e. phone no which can lead to someone finding out addresses etc

Matt DBSA Staff (Jan 18, 2006 8:41:31 PM)
good point, Marcia.

Nix (Jan 18, 2006 8:41:44 PM)
(This user has moved to DigiChat Foyer) (IP = 88.144.50.157)

lou (Jan 18, 2006 8:41:44 PM)
ask them if they need to be hospitalized at this moment or suggest it

Dory (Jan 18, 2006 8:42:00 PM)
i had this happen and I questioned the guy quite a bit, since this was sometimes a ideation, however, I couldn't take the chance. He said "What about confidentiality?"

Matt DBSA Staff (Jan 18, 2006 8:42:04 PM)
lou, good. be honest and up front about your observations. Other thoughts?

Matt DBSA Staff (Jan 18, 2006 8:42:19 PM)
Dory... good. What about confidentiality?

marciarme (Jan 18, 2006 8:42:41 PM)
first ask questions: will you harm yourself, can you guarantee that you will not harm yourself. People generally will be honest when answering those questions.

lou (Jan 18, 2006 8:42:55 PM)
do you have a plan

marciarme (Jan 18, 2006 8:42:56 PM)
Ooops. looks like i'm a pokey one.

Matt DBSA Staff (Jan 18, 2006 8:43:00 PM)
I recommend to everyone that they don't promise absolute confidentiality in support groups. We are confidential until someone is in danger, then we'll do whatever we can to help, even if that means revealing their identity.

Matt DBSA Staff (Jan 18, 2006 8:43:03 PM)
good marcia.

Matt DBSA Staff (Jan 18, 2006 8:43:05 PM)
good lou.

Dory (Jan 18, 2006 8:43:08 PM)
I need to call a counselor from our psy unit in the hospital..I did not want to out guess him

Matt DBSA Staff (Jan 18, 2006 8:43:30 PM)

Dory... great point. we don't really want to take the chance and hope that our guess is right.

Matt DBSA Staff (Jan 18, 2006 8:43:33 PM)

excellent.

Matt DBSA Staff (Jan 18, 2006 8:43:44 PM)

Well, we'll get into this more next month when we do this again.

Matt DBSA Staff (Jan 18, 2006 8:43:51 PM)

A more fun question.... ready?

marciarne (Jan 18, 2006 8:44:02 PM)

yes sir !!!

Matt DBSA Staff (Jan 18, 2006 8:44:11 PM)

Why do you want to be a support group facilitator? What do you get out of it?

Dory (Jan 18, 2006 8:44:12 PM)

We talked about this type of confidentiality, however, it makes some members feel they couldn't be honest with their feelings, a thin line.

marciarne (Jan 18, 2006 8:44:13 PM)

yes sir!!!

Matt DBSA Staff (Jan 18, 2006 8:45:04 PM)

Why do you want to be a support group facilitator? What do you get out of it?

Matt DBSA Staff (Jan 18, 2006 8:45:13 PM)

dory... a thin line indeed.

Dory (Jan 18, 2006 8:45:19 PM)

We like to end the meeting with a joke, cute saying, or laughter, as it gets too heavy some times

Matt DBSA Staff (Jan 18, 2006 8:45:26 PM)

good.

marciarne (Jan 18, 2006 8:45:33 PM)

For me it's kind of like "pay it forward"

lou (Jan 18, 2006 8:45:36 PM)

i like promoting wellness and others help me as well when i hear their stories

Matt DBSA Staff (Jan 18, 2006 8:45:37 PM)

What do you all like about being facilitators?

Matt DBSA Staff (Jan 18, 2006 8:45:40 PM)

lou, great.

Matt DBSA Staff (Jan 18, 2006 8:45:45 PM)

Marcia, great.

marciarne (Jan 18, 2006 8:45:54 PM)

I know how much SG's helped me when I was in great pain.

Matt DBSA Staff (Jan 18, 2006 8:45:59 PM)

anythin else? feel free to answer twice. this is an important question.

Matt DBSA Staff (Jan 18, 2006 8:46:05 PM)

yes, Marcia... yes.

Dory (Jan 18, 2006 8:46:20 PM)

A sense of giving back and helping, in turn you help your own recovery

lou (Jan 18, 2006 8:46:38 PM)

agree dory

Matt DBSA Staff (Jan 18, 2006 8:46:41 PM)

good.

marciarne (Jan 18, 2006 8:46:46 PM)

it's also a great way to make friends

Matt DBSA Staff (Jan 18, 2006 8:46:54 PM)

great point.

Matt DBSA Staff (Jan 18, 2006 8:47:06 PM)

Another question while you finish thinking about that one...

Matt DBSA Staff (Jan 18, 2006 8:47:10 PM)

What does "PEER-LED, SELF-HELP" mean to you?

lou (Jan 18, 2006 8:47:29 PM)

someone i can relate to

Matt DBSA Staff (Jan 18, 2006 8:47:29 PM)

(that's what kind of support groups we say DBSA has).

Matt DBSA Staff (Jan 18, 2006 8:47:37 PM)

how so, lou?

lou (Jan 18, 2006 8:48:01 PM)

we share similar experiences and stoires and it gives us hope

Dory (Jan 18, 2006 8:48:05 PM)

Guess I better do the dishes and remember not to load down my loved ones, but use my support people. Great being with you all.

marciarne (Jan 18, 2006 8:48:06 PM)

R E C O V E R Y !! It's one of the best ways to begin living your life ... not isolating ... being part of a community.

Matt DBSA Staff (Jan 18, 2006 8:48:31 PM)

excellent.

Matt DBSA Staff (Jan 18, 2006 8:48:35 PM)

DBSA Support Group Facilitators are PEERS! Not therapists, not counselors, not doctors or psychiatrists... Facilitators do NOT need to be certified. Facilitators are simply patients or supporters that help lead the group.

Matt DBSA Staff (Jan 18, 2006 8:48:54 PM)

One final "formal question" to pose to the group. Where do your chapter leaders recommend you go to find facilitation training, resources or support? Or can any of you think of other learning opportunities to become better facilitators?

marciarme (Jan 18, 2006 8:49:13 PM)

Yes, and it's wonderful to see a newcomer begin to smile when they see they're not alone.

Matt DBSA Staff (Jan 18, 2006 8:49:23 PM)

indeed, marcia.

lou (Jan 18, 2006 8:50:07 PM)

i would like to start a group and i would like some training but i don't know where to start

Matt DBSA Staff (Jan 18, 2006 8:50:24 PM)

Lou... start here, and continue by giving us a call at DBSA to discuss...

lou (Jan 18, 2006 8:50:34 PM)

ok, thanks

marciarme (Jan 18, 2006 8:50:37 PM)

as director of the state office, i depend on getting loads of stuff from national ... but i also have other

Matt DBSA Staff (Jan 18, 2006 8:50:40 PM)

Thanks you guys, for joining us tonight...

marciarme (Jan 18, 2006 8:50:57 PM)

Thank you Matt ... this was fun.

Matt DBSA Staff (Jan 18, 2006 8:51:00 PM)

The group has kind of whittled down as we've gone on, but a good discussion tonight...

Matt DBSA Staff (Jan 18, 2006 8:51:01 PM)

very fun.

lou (Jan 18, 2006 8:51:09 PM)

Thanks Matt

Matt DBSA Staff (Jan 18, 2006 8:51:10 PM)

That about wraps it up... Feel free to continue your discussion. Looking forward to chatting again in about a month! Until then, I can be reached at MMattson@DBSAlliance.org or (800) 826-3632.

Matt DBSA Staff (Jan 18, 2006 8:51:25 PM)

BE SURE TO VISIT DBSA's Chapter Management Website:

www.DBSAAlliance.org/ChapMgtEntrance.html You can find a Chapter Leader Discussion Board there to continue this conversation.

marciarne (Jan 18, 2006 8:51:26 PM)
TTYL. Thanks

Matt DBSA Staff (Jan 18, 2006 8:51:38 PM)
Good night, and thanks again!